



South Central District Health

Keeping your family and community healthy

1020 Washington Street N • Twin Falls, ID 83301

(208) 734-5900 Ext. 239

SMALLPOX HOME CARE INSTRUCTIONS

In the event of an intentional release of the bacteria (germs) that causes smallpox, many people may require hospitalization within a few days. Hospitals may become overcrowded and it may become necessary for many sick people to be cared for in their home by relatives or friends. The following information may be helpful in providing care to sick persons at home.

- Listen closely to the local radio or television for special instructions about vaccination from South Central District Health.
- Wear a mask over your nose and mouth when you are within 7 feet of the infected person.
- Advise friends and relatives not to visit.
- Wash your hands with soap and water before you eat or drink, after using the bathroom, and after any physical contact with the sick person.
- Wear gloves (vinyl or latex) when you have contact with the sick person's blood and other body fluids (urine, feces, vomit, wound drainage, mucous, or saliva). Wash your hands after removing the gloves. If gloves are not available, wrap your hands in plastic bags and secure with a rubber band. Discard the bags after each use and wash your hands with soap and water.
- Wash the sick person's hands after they use the bathroom, before they eat or drink, and after contact with pets.
- Wear a plastic apron or gown to protect clothes from becoming soiled with drainage from skin lesions.
- Take the person's temperature at least twice a day. If their temperature goes above 100.4° F, give Tylenol® (if not allergic) or other medicine such as Motrin® or Advil®. Follow directions on the package insert. If their temperature is not controlled by the medicine, call your health care provider or take the person to the nearest designated emergency center or hospital.
- If the person is having trouble breathing, go immediately to the nearest designated emergency center or hospital.
- Give the person plenty of fluids such as water or juice. Allow the person to eat solid food as tolerated.
- Rinse the person's mouth several times each day with warm tap water.
- Wash the person's skin several times a day with warm tap water.
- Change the sick person's clothes, bed linens, towels and washcloths frequently. Do not use the sick person's towels, washcloths, bedclothes, or other items until after they have been washed with hot water and soap.
- Wash soiled clothes and bed linens in hot water using any commercial laundry product.
- Disinfect the bathroom and kitchen with a disinfectant such as Lysol® every day or when surfaces become soiled with blood or other body fluids.
- As the caregiver, you must take care of yourself. Get plenty of rest, drink fluids frequently, and eat a healthy diet. Even if you are not taking an antibiotic, take your temperature in the morning and afternoon for 3 weeks. If you develop a fever above 100.4° F or if you have flu-like symptoms see a doctor or nurse immediately.